



29 April 2019

Matt DeCoursey, MP
494 Queen Street (Main Office), Suite 300
Fredericton, New Brunswick E3B 1B6

Dear Mr DeCoursey,

As a Parliamentarian, you know what it is to hold a demanding and, at times, highly stressful job. The effect isn't only felt by you, but also by your family. In this, you aren't alone. Workplace stress is increasingly recognized as a reason for concern. Equally worrisome is the health of the 500,000 Canadians who call in sick to work every week because of a mental health problem.

Together the Canadian Chamber of Commerce and the Mental Health Commission of Canada (MHCC) is urging you to become a champion for workplace mental health and wellness in your community. We hope you will take this opportunity to join with your local Chamber to attend a conversation on workplace mental health in your community. The third annual initiative of its kind, 338 Conversations are designed to empower Parliamentarians to lead community conversations about mental health.

As a community leader and a credible voice, your support of 338 Conversations has the capacity to resonate across your community. Making workplaces more psychologically sound won't just benefit the one in five people in Canada living with a mental illness. It should be a priority for the five out of five of us who are more productive and effective in our jobs when we are dealing well with life's stresses and feel valued and supported at work.

The MHCC has provided your local Chamber of Commerce with some tools employers can use to build a framework for a psychologically sound workplace. These resources, like the [*National Standard of Canada for Psychological Health and Safety in the Workplace*](#) (the *Standard*), can be used regardless of organization size and sector. We are seeing the results in organizations like Bell Canada and Michael Garron Hospital. As workplaces become more aware of the causes of psychological harm at work, they have an attendant responsibility to be changemakers for the better. We invite you to join with your local Chamber and help us get tools into the hands of business leaders in your community.

Hon. Michael Wilson, PC, CC
Board Chair
Mental Health Commission of Canada

Hon. Perrin Beatty, PC, OC
Chief Executive Officer
Canadian Chamber of Commerce

ORDRE DE L'EXCELLENCE



RÉCIPIENDAIRE SANTÉ MENTALE AU TRAVAIL